ABSTRACT OF THE DISCLOSURE

A method for stretching an optical polymer film is described, which comprises allowing a locus L1 of the holding means from a substantial holding initiation point to a substantial holding release point on one edge of the polymer film, a locus L2 of the holding means from a substantial holding initiation point to a substantial holding release point on the other edge of the polymer film, and a distance W between the two substantial holding release points to satisfy the following equation (1), maintaining the supporting property of the polymer film, stretching the film in the presence of a state in which the volatile content is 5% or more, and then, decreasing the volatile content while shrinking the film:

$$|L2-L1| > 0.4W \qquad (1)$$